

Caregiver Time Out!

Every Tuesday

1:00 p.m.– 3:00 p.m.

Game Room

The Enrichment Center

Senior Center of Excellence

1615 S. Third St. Sanford, NC



Family Caregivers! Are you in need of time for shopping, or other errands? Maybe you need a little time just for YOU? We invite you to bring your loved one to the Enrichment Center Every Tuesday from 1:00 pm-3:00 p.m. to our program. Our goals are to provide respite for family caregivers, socialization and stimulation for participants and to support each other. Call 776-0501, Ext. 230 and let us help you be the best caregiver You can be!